

SEPTEMBER CLASSES

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------------------|------------------------------------------------------------------------|--------------------------------------------------------|---------------------------------------------------|----------------------------------|------------------------------------|------------------------------------------------------------|
| 7:30-8:30am 🌀 Morning Flow | 8-9am Donation Intention and Sun Salutations (10 th St.) | 7:30-8:30am 🌀 Morning Flow | 7:30-8:30am Rise and Fly | 7:30-8:30am 🌀 Morning Flow | | |
| 9-10:30am Vinyasa Flow | 9-10:30am Hatha Practice | 9-10:30am Mindful Flow | 9-10:30am Hatha Practice | 9-10:30am Vinyasa Flow | 9-10:15am EmPowered Slow Flow | 9-10am Postpartum Group Exercise |
| | 9:15-10:15 Yoga Core Fusion | | | 10-11am 🌀 Donation Chair Yoga | 10-11am Prenatal Group Exercise | 10:30-12pm Flow & Restore |
| 11-12:15pm 🌀 Easy Does It | 11-12:30pm 🌀 Yin Yoga | 11-12:15pm 🌀 Active Gentle Yoga | 11-12:30pm 🌀 Yin Yoga | 11-12:15pm 🌀 Easy Does It | 11-12:15pm 🌀 Restorative Yoga | |
| 11:15-12:15pm Yoga Barre | 11:15-12:15pm 🌀 Easy Does It | | | | | |
| 3:30-4:30pm 🌀 Donation Baby and Me Yoga | | | | | | |
| 11-12:15pm 🌀 Restorative Yoga | 5:45-7pm Vinyasa Flow | 5:45-7pm Vinyasa Flow | 5:45-7pm 🌀 Rejuvenate Slow Flow | | | |
| 5:45 – 7:15pm Vinyasa Situation | | 6-7pm Donation Pints & Poses (Ancient City Brewing) | 6-7:15pm 🌀 Donation Restorative Pre/Post-Natal | | | 7-8pm Donation Sunset Beach Yoga (10 th St.) |

Beginner Appropriate or Gentle Classes: 🌀

Color key: Studio 1 Studio 2 10th St. Beach Ancient City Brewing Co.

YOGA RATES:

- **Drop In:** \$15 | \$12 students, 55+
- **UNLIMITED MONTH:**
 - Intro Special: \$30 First Month Unlimited Yoga! - St. Johns County Residents Only
 - Unlimited Month (month to month): \$89 | \$79 students, 55+
 - AutoRenew Unlimited Month: \$75 (6 month contract required before cancellation, can pause after 2 months for up to 30 days)
- **Class Packs:** 5 for \$65 (\$13/ class) | 10 for \$120 (\$12/ class) | 20 for \$200 (\$10/ class)
 - 5 and 10 class packs expire in 6 months; 20 class pack expires in 1 year

MEMBERSHIPS (6 month contract required before cancellation, can pause after 2 months for up to 30 days):

- Relax & Renew Membership: \$130 (unlimited yoga + 1 qualifying spa treatment/ month)
- Relax Spa Membership: \$70 (1 qualifying spa treatment/ month)
 - You may upgrade membership spa service at additional cost; additional spa treatments within month are 10% off, 10% off all retail for members, and other discounts.

*Please come early to classes. We close the door 5 minutes after class start time.

*If you sign up in advance for classes and/ or workshops, we will hold your spot up until 5 minutes before class starts, after which time your spot will be given to the next in line.

SEPTEMBER WORKSHOPS

Please go to our website – CityWellnessFL.com – for details and to sign up for upcoming workshops!

Please note: Space is limited for all workshops, so we encourage you to sign up in advance.

THE BHAGAVAD GITA: YOGA THROUGH SUFFERING with Jennifer Jacobsen

- **When:** TUESDAY, SEPTEMBER 5TH @ 5:30 – 7PM
- **Price:** Donation-based (\$15-20 suggested)

FULL MOON BEACH YOGA with Caryn Keshner Register

- **When:** WEDNESDAY, SEPTEMBER 6TH @ 7:30 – 8:30PM
- **Price:** Donation-based
- **Where:** 10th Street beach entrance

CRYSTAL COMMUNICATION with Maureen Aruta

- **When:** SATURDAY, SEPTEMBER 9TH @ 1 – 2PM
- **Price:** Donation-based

WHAT'S IN YOUR BLOOD? with Maureen Kyle

- **When:** SATURDAY, SEPTEMBER 9TH @ 2:30 – 4:30PM
- **Price:** \$10 for workshop OR \$20 for workshop + blood typing

CRYSTAL SINGING BOWL RESONANCE with Jade Forest

- **When:** SATURDAY, SEPTEMBER 9TH @ 3 – 4PM
- **Price:** Donation-based

FITMAMA PRENATAL PT WORKSHOP with Melissa Noeth

- **When:** SATURDAY, SEPTEMBER 16TH @ 11AM – 1PM
- **Price:** \$100

SHAKTIFLOW BREATHWORK with Jennifer Hart

- **When:** SATURDAY, SEPTEMBER 16TH @ 1 – 2:15PM
- **Price:** Donation-based

RESTORE YOUR CHAKRAS with Libby Blumberg

- **When:** SATURDAY, SEPTEMBER 23RD @ 1 – 4PM
- **Price:** \$35 includes materials

MONTHLY COMMUNITY ACUPUNCTURE with Nancy Bellard, AP

- **When:** WEDNESDAY, SEPTEMBER 27TH @ 5:45 – 6:45PM
- **Price:** \$25